



2018



Innovations
Community Center

Monday

Check-In 9am-9:30	Art 11am-12pm
Breakfast Demo 9:30am-10am	Grupo Tu Decides de AA 7pm-9pm
Pound Fitness Class 10am-11am (except May 14 th)	
7 y 21 de Mayo Grupo de Apoyo Para Hombres de Hoy 1pm-2pm	

Tuesday

Check-In 9am-9:30am	NA Meeting 12pm-1pm
Meditation 9:30am-10am	Leisure Time 12:30pm-4pm
TED Talks 10am-11am	Grupo Tu Decides de AA 7pm-9pm
Cooking Demo 11am-12pm	

Wednesday

Check-In 9am-9:30am	Aprendiendo Juntos 10:30am-11:30am
Support Group 9:30am-10:30am	Grupo Tu Decides de AA 7pm - 9pm
Art Expression 10:30am-11:30am	
May 9 th and 23 rd NAMI Connection Recovery Support Group 11:30am-1pm	

Thursday

Check-In 9am-9:30am	Clase de cocina saludable 9:30am-11:30am
Juan's Art 9:30-10:30am	Grupo de Apollo 12pm-12:45pm
Fitness Class 10:30am-11:30am	Coping Skills 1:20pm-2:20pm
Meditation 11:30-12pm	NA Meeting 12pm-1pm

Friday

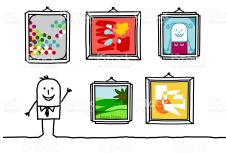
Check-In 9am-9:30am	Steve's Quilting for Fun 12pm-1:30pm
Meditation 9:30am-10am	Leisure Time 1:30-4pm
May 18 th Nutrition Ed. 10am-10:30am	Grupo Tu Decides de AA 7pm-9pm
May 11 th and 25 th Art 10am-11pm	
Cooking Demo 11am-12pm	

Innovation's May Special Events



Monday, May 14, 2018 at 11:00am - 1pm
 We are pleased to present *Summer Sinan* with
Suscol Inter-Tribal Council for **"Dream Catcher Making"**

Wednesday May 2nd, 16th and 30th, 2018 at 11:30am - 12:30pm
 join *Sal Garcia-Pinola* with *Suscol Inter-Tribal* for **"Talking Circle"**



Friday, May 25, 2018 at 11:00am - 1:00pm
 Join *Innovations Community Center's Staff and Participants* for
 our **"Art Exhibit"** for more information and how to register call the Center at
 (707) 259-8692 or go to our website at www.innovationscommunitycenter.org

9am to 3pm Monday through Friday we offer application assistance, access to resources and referrals, crisis support, coaching and peer support.